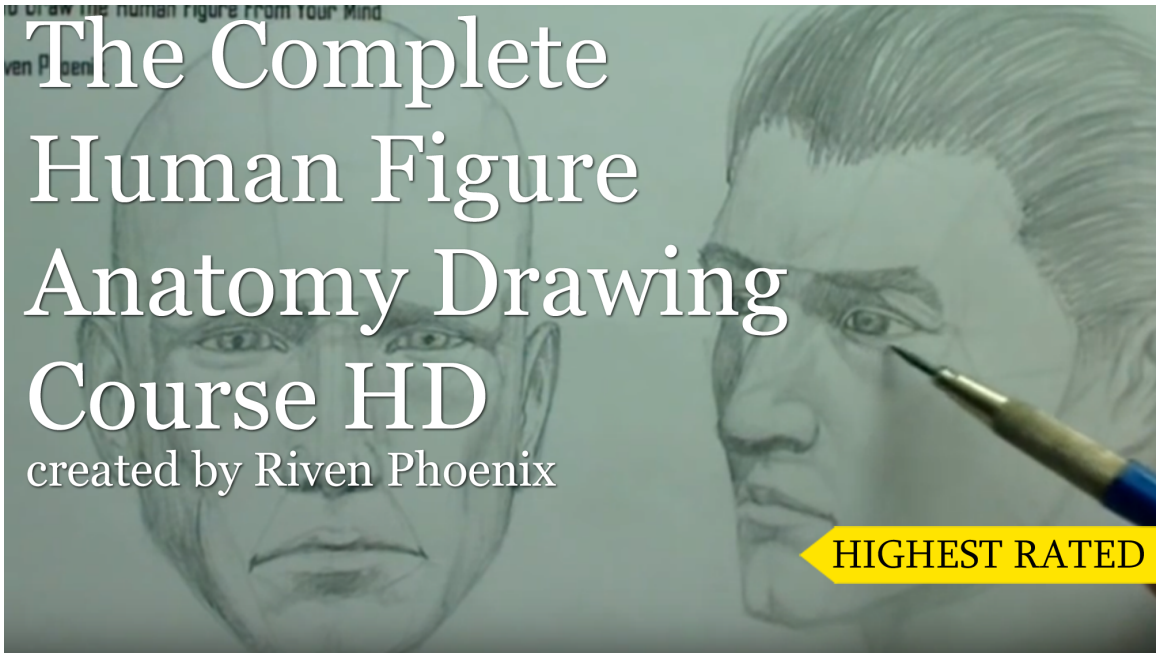

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 146 - The Muscles of the Arm - Part 8

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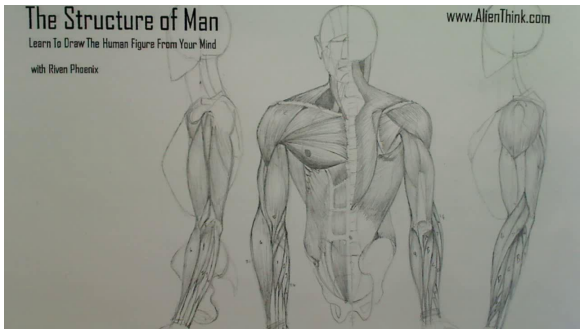
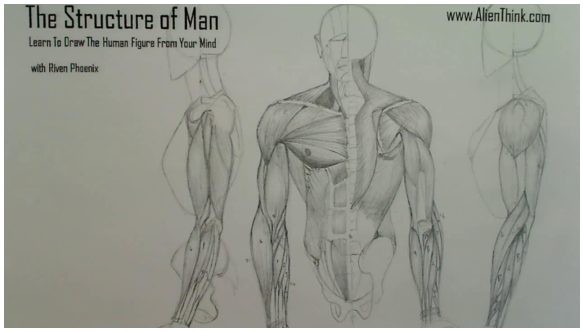
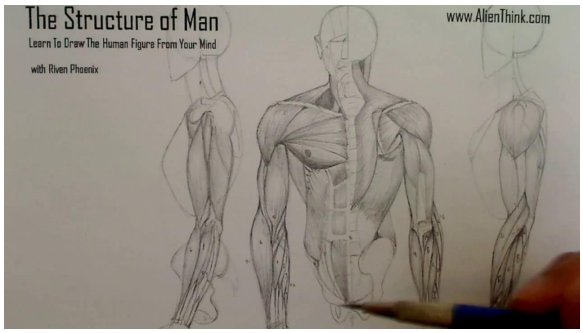
1		Hey guys, my name is Riven Phoenix and welcome to the Structure of Man Learn to Draw the Human Figure from your mind training course.
2		Okay, so in the previous lesson here we have conceptually understood and mastered the muscle structures for the arm from the front and back and how this whole system of the four arm is going to be working.
3		So now what we're going to do is a really cool exercise and here you'll see by going through this process we'll be able to really draw the arm in any way that we want.
4		So for these exercises what we're going to do is draw out several arms.

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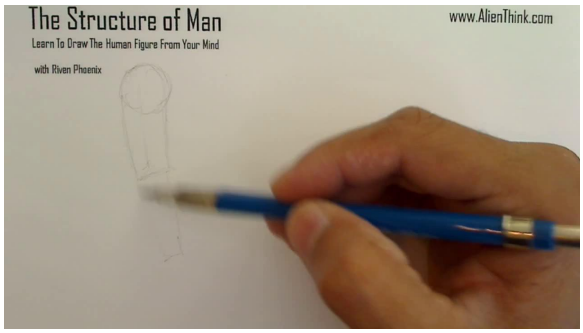
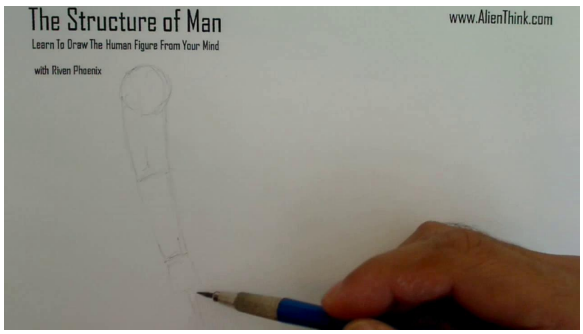
5		So here I'm going to draw out, so here we're going to do about four different arms so we can actually start over here.
6		So what we want to do is draw out basically let's say our mannequin system over here and this will help the mind to understand how to draw out the muscles in forms using this system.
7		So here I'm just going to say that okay I want to draw one arm like this let's say and over here we'll just say that okay well this is going to be the hand.
8		We don't have to do complicated hands here again it's very simple should draw out the hands just rough it in like this over here.

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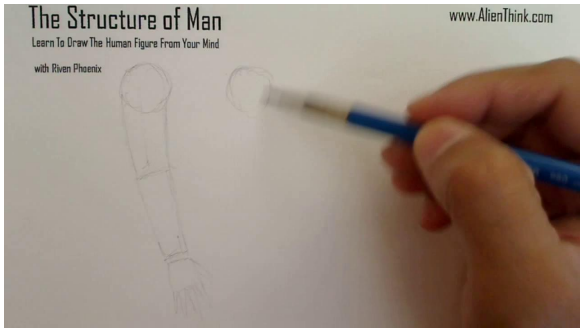
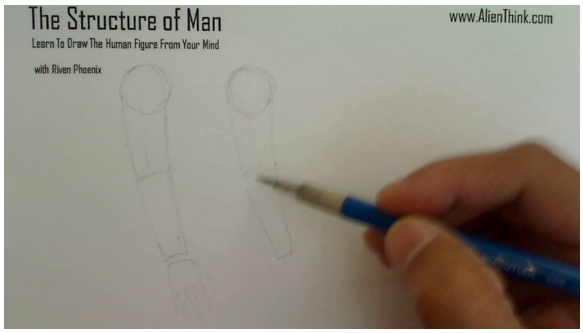
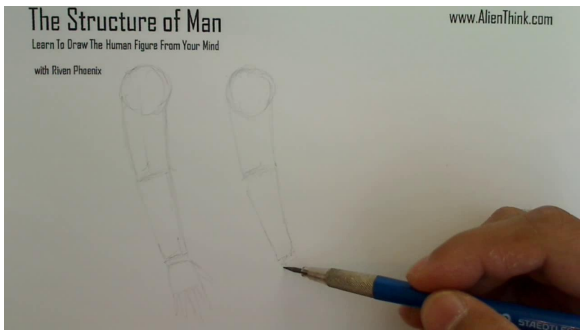
9		We already figured out how to draw out the hand so here I'm just going to do one this way and let's do another one just like this one but here we'll twist the arm a little bit.
10		So here I'm just going to draw it like a circle here and let's say for this one we're going to do the pretty much the same thing just draw it like this but then over here when we come what we want to do is twist the hand.
11		So really the best way to tell what we're doing with the arm is to look at the hand structure.
12		So for this hand here we're going to say that okay we're going to now twist the hand out so really the thumb is going to be just coming out like this over here.

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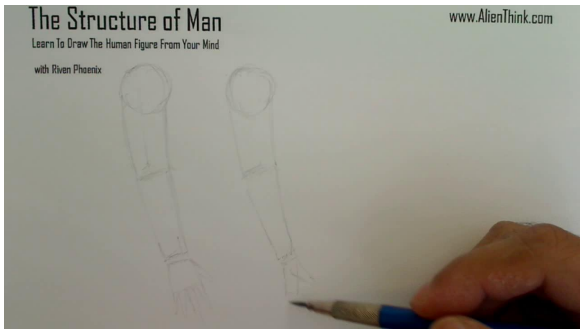
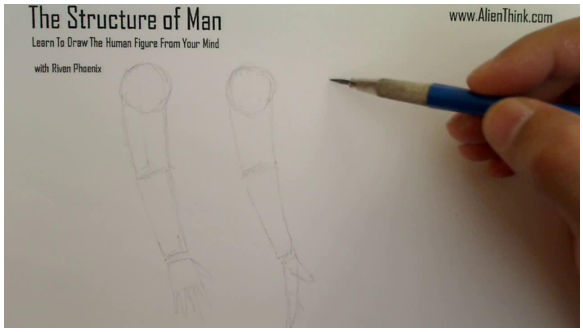
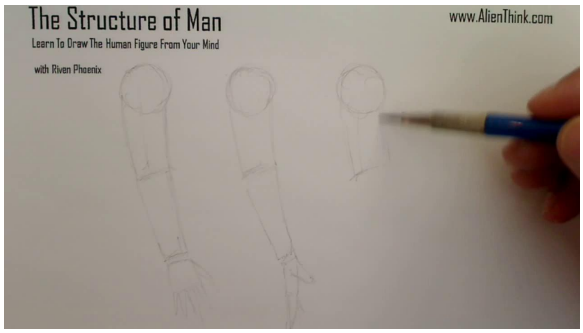
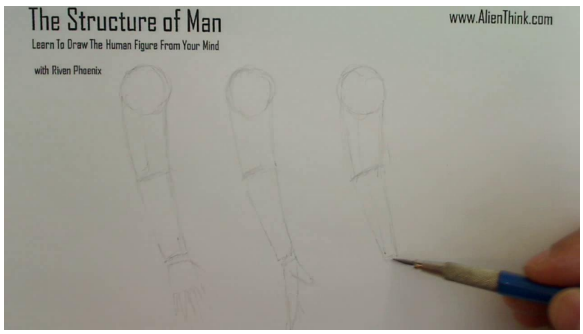
13		So this would mean that okay well then I'm just going to draw out the fingers in this way and here you can just match around with some basic hands over here.
14		Right and for then we'll draw another one over here I'm just going to do like a basic circle for this one and just be sketchy about these ideas again.
15		Right for this one actually I think we'll just do it the same way here but this time we'll will change the hand so it's actually facing the other direction.
16		Right so now we'll have the hand like this over here and then you'll get like your small finger over here.

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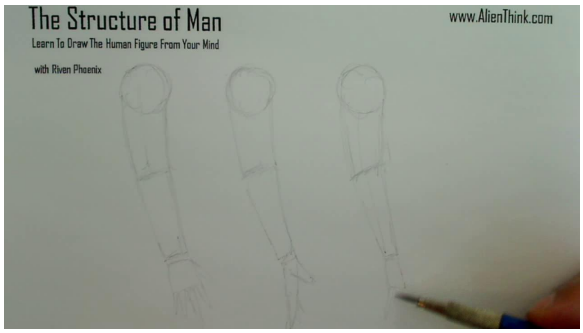
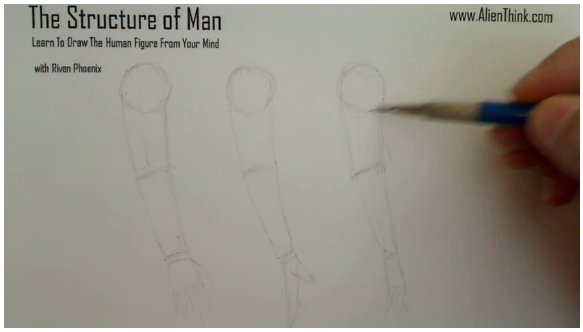
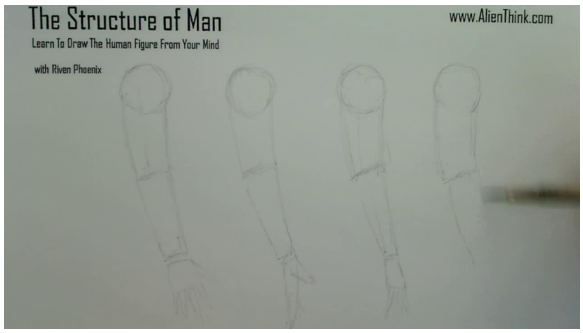
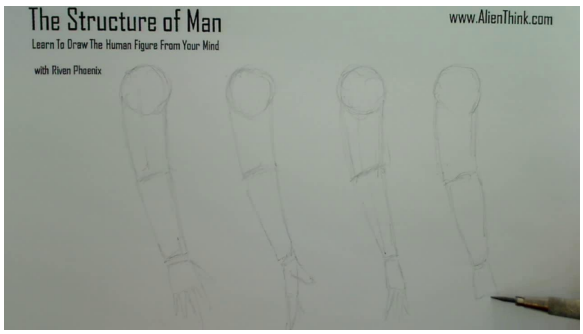
17		Right so we'll do like the small finger in the middle and then the other finger so you don't have to show the thumb just do it this way over here.
18		Okay and then lastly we'll draw out another arm over here and we'll say that okay well what I want to do with this arm is now I want to actually twist this arm going more towards that right so we'll see what is that mean for us when we draw the tricep.
19		Okay so here I'm just going to draw this out like this and for this hand so for this hand we'll just do it the way we've been doing it over here.
20		So over here I'm just going to draw out the middle finger here like this. Right so simply just lay out like some simple idea here.

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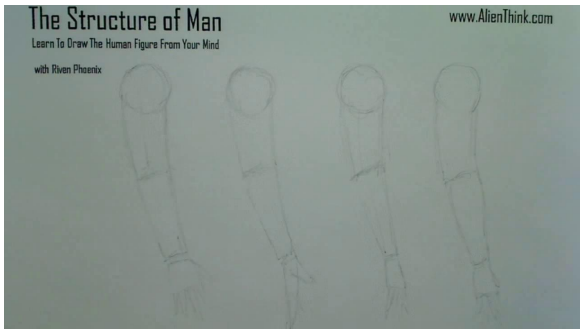
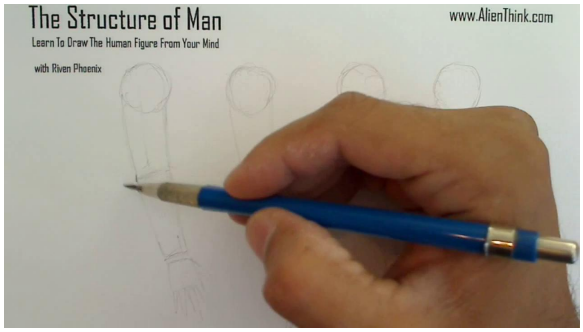
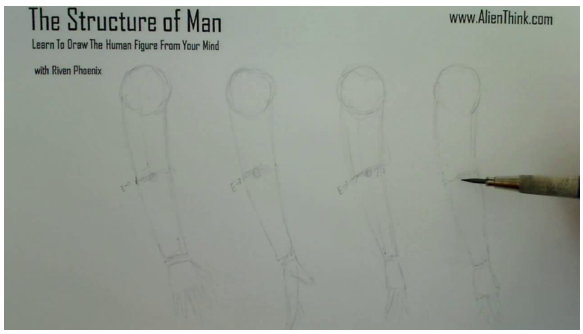
21		Okay so now we have the mannequin system right so the first thing we'll do is just figure out if you will where it's going to be my elbow right so here I want the elbow to be here.
22		Okay my elbow is here and then where exactly is the radius going to be because the thumb is over here right we're drawing the outer arm so we're going to say that okay well the radius is obviously going to be on this side right.
23		So here is my elbow and then over here I'm going to say okay that the radius is going to be here right here is my elbow and for this one let's say the radius is going to be here.
24		Okay and then over here we're going to make the elbow over here like this and then we're going to say okay well the radius is going to be here.

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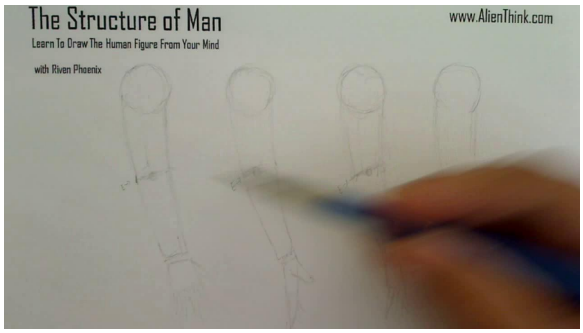
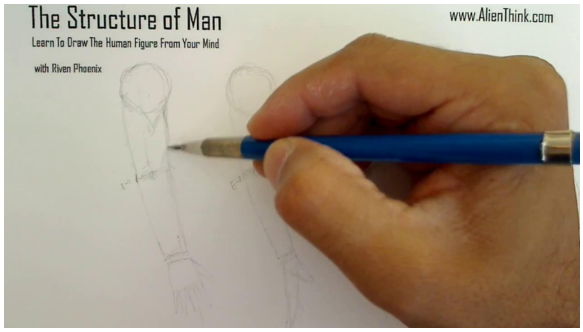
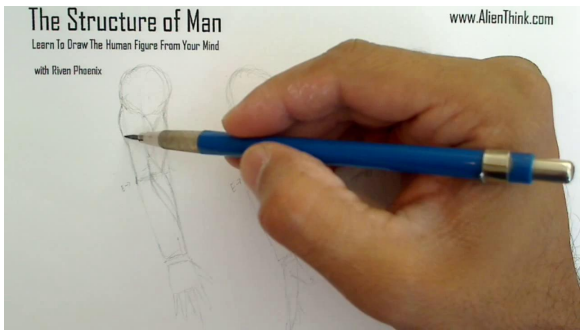
25		You can see how simple it is we just have to think out the whole system so to draw this out it's going to be pretty simple right we we already know that okay well this is going to be my my my deltoid over here right this is my deltoid is going to be coming just like this over here that I'm going to get my my bicep which is going to like come out a little bit like this over here.
26		Right so because you got to think that it's going to go back into the radius right so from here we already know that right from here I obviously going to get muscle number six right because he wants to go on the other side of the thumb so it's just going to be coming down this way so here I'm going to get that basic idea for six and seven so here we can just say that okay.
27		Six and seven are not just going this way so we can just flip them up like this over here right that's how easy this is going to be and over here we know that right this is going to be the the bicep going like this and we know the relationship between these these this guy here and this guy here right so for this one we're just going to say that okay he's got like a kind of like a big tricep over here.
28		Okay so here we'll just nicely put him out but look at the the relationships that's allowing us to do that right so this is cutting over here so what happens over here it's going to be easy we know that right I'm going to get that that little peak of that muscle I know that anybody's the holes on this side the first thing remember this is the triangle muscle the first thing that he wants to do he wants to go obviously over here to the small finger right this is.

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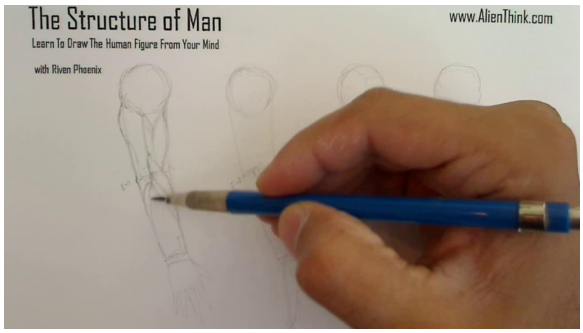
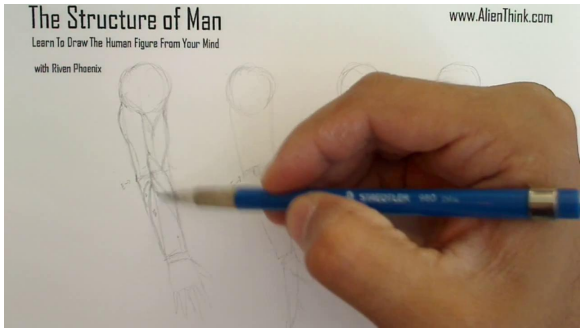
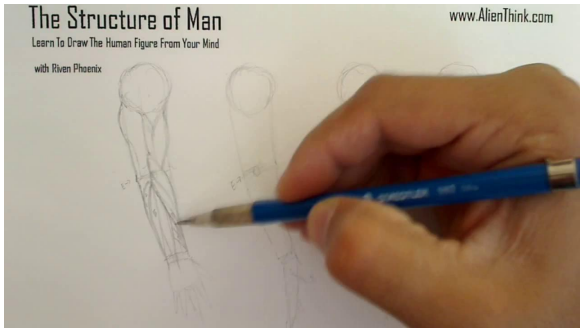
29		Over here this is going to be b right so this is that little guy who comes over here so we said that this is a then over here when when he comes around like this right he's just going to go here it's going to become a tendon he's going to be muscle B and then we're going to get muscle C over here.
30		We know that muscle C always just splits up into three tendons so I know that this is just going to be here right then all of us that we know that this we're going to get this muscle here right so you can make muscle C a little bigger over here we're going to get this guy over here which we said he's going to be muscle D and then all of a sudden these guys just come in the middle and we're done with the hour right so here we can just do the forms a little better.
31		Let's just show you that really didn't take that long to figure this out but look at the relationships of the key here but you don't have to do it this sharp I don't just showing you that that's what it's going to be like and this is going to be the arm like this.
32		Okay so that was easy to figure out and this was number six and this is number seven right so now let's look at this one over here how are we going to figure this out.

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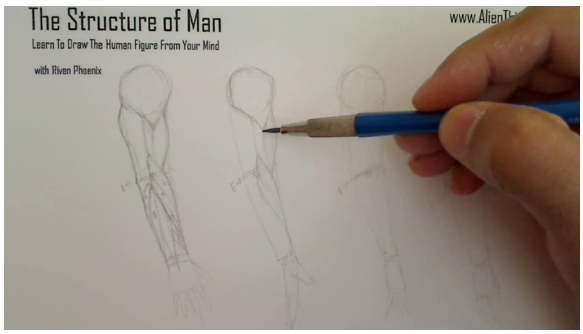
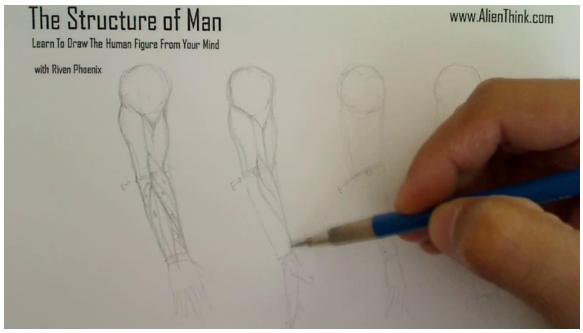
33		Okay so here we'll do the same thing that okay well I got my my my deltoid coming around right you got to think in 3D about the stuff right the deltoid is going to be coming like this over here again the same thing and then I'm going to get just repeat what you saw over there and here I'm going to get the bicep over here then I'm going to get this guy going with the bicep and over here I'm going to get pretty much muscle number number six
34		but look it's this way right so this tells you that okay well six wants to come here so I'm going to kind of like get him over here I'm going to get both of those guys right is better to draw out both of them together than to think of them as separate and all you have to do is just do it this way right so look at the relationship again that this is just going to be like this.
35		So this means that okay well my bicep is going to be here I'm going to get this guy and then over here I'm just going to get the same idea for the for the triceps right so these are like simple exercises to understand how the muscle relationship is working.
36		Right so over here you already know that right over here this is my elbow I'm going to get that dip in here again so I'm going to get muscle A I'm going to get muscle B but he's already gone on the other side right so I'm going to get muscle C so I'm going to

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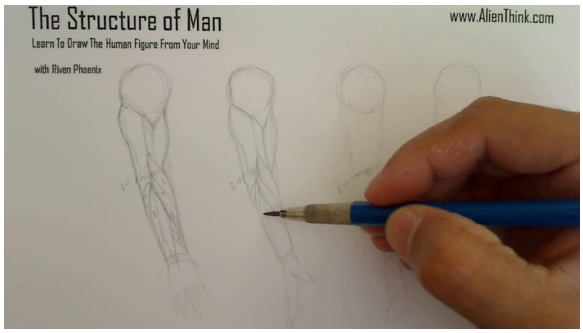
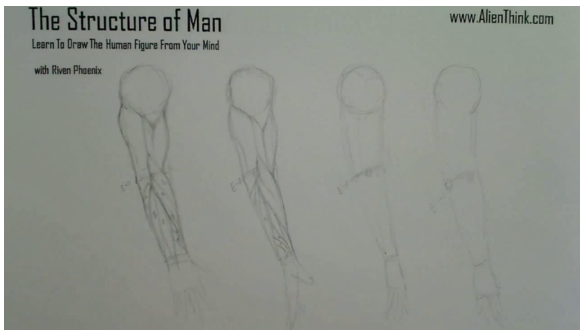
37		this and here's AB and this was C right so I'm going to get C going in this direction so I'm going to kind of like see more of him then I'm going to get D and he's trying to do the same thing go back over here and then you're going to get all of a sudden these two guys which is which we said was E and F right so this was E and this was F.
38		So here we get E and then F again right that's all there is to this is just understanding the layout of the muscles right how they come together.
39		So here that I've drawn this over here right so you're going to pretty much just get this arm like this so this is not a muscle here to just align from the.
40		The idea that we did over there right so and then when you come in here when you got those ideas done then you can just think about okay what we want to I just want to pop up and make it on a nicer line like this and that's it and I'll be done right so here we'll just mark them this was six and this was seven.

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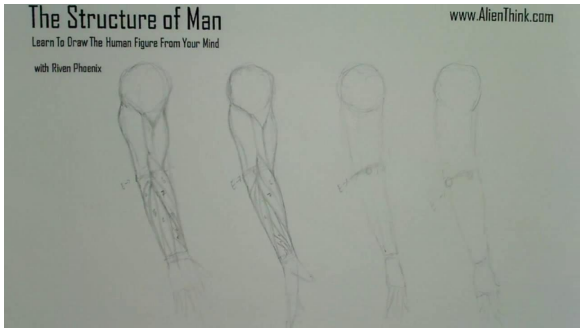
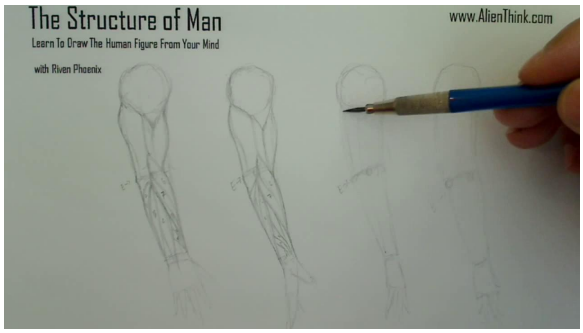
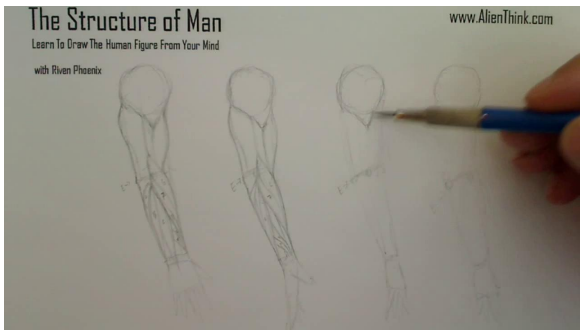
41		This was seven over here.
42		Okay so now let's do this again and now see okay now I'm going to get the elbow still over here and now how see what we're doing here we we twisted the arm just to see what would happen when I twisted this right what how dynamic release this going to get.
43		So here we're going to draw out simply just this that they'll do it like this we're just going to say that that's what it is right you can do it like this you don't have to do a point I'm just showing you.
44		That that's what it's going to be so here going to do the same thing pretty much repeat the same exercise but now we want to see okay now what I wanted to is I'm going to do it this way over here seeing more more of that end.

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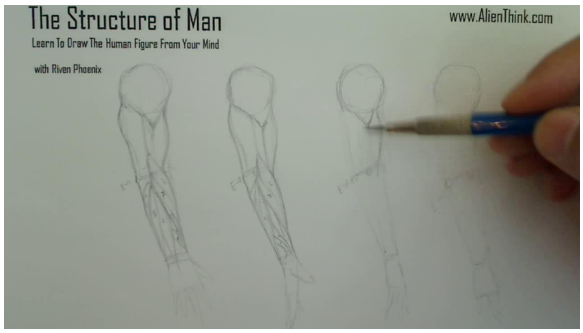
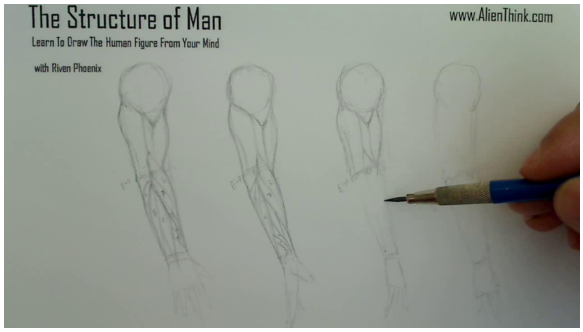
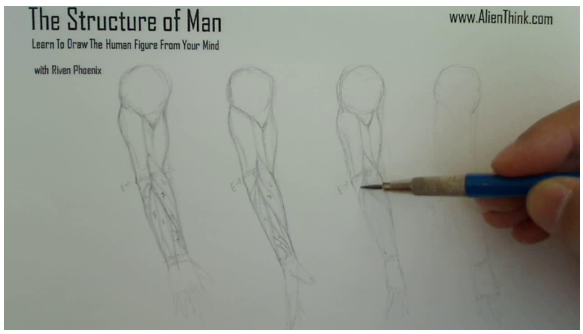
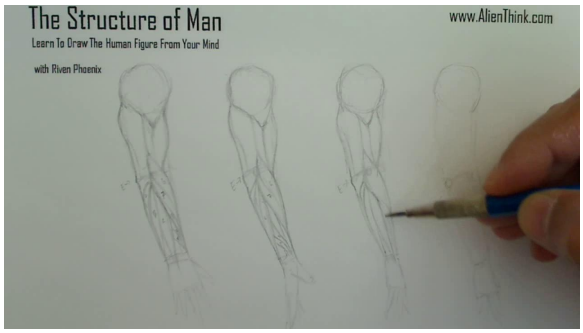
45		In that on that side right so here I'm just going to get the tricep again like this okay and then here's my tricep that I'm going to get that relationship over here with these two muscles right so this guy and this guy have to click and they're just going about their business on that side so we know that okay I'm going to get this guy over here so I got a thing where does he want to go.
46		Right so here you can see that he's going to really go on the other side of the thumb right so he's going to really wrap around over here in this instance so here we can just say that okay he's just going to go over here he's going to really be wrapped around he's going on the other side right so what does this mean here for this elbow over here right so it means the same thing that from here you're going to get muscle a right you're going to get muscle a like this.
47		Right so you're going to see that number four muscle right a little bit over here from the side because now we're starting to expose the other side here so this is a then this is going to be B he wants to come to this or the top these are the top of the hand muscles then we're going to get see and this guy really turns into three wires right in the end over here and then I'm going to get that.
48		Muscle D he's coming back and then all of a sudden we get these two guys in the middle right so here you just have to basically feel your way through it and then here we can just say that this is split up over here right so this is six seven this is going to be D over here this is a the C and then we said this is going to be E over here and F.

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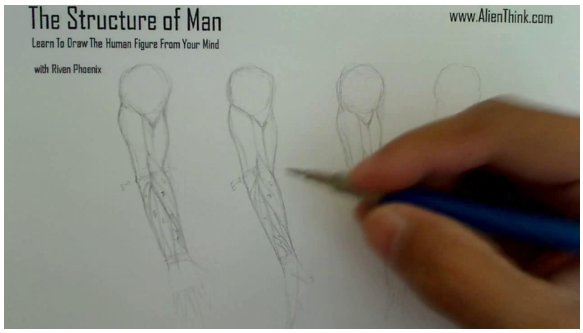
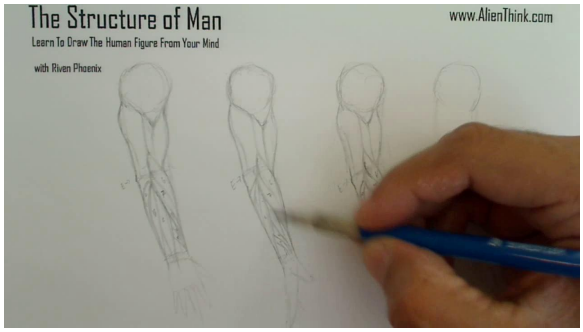
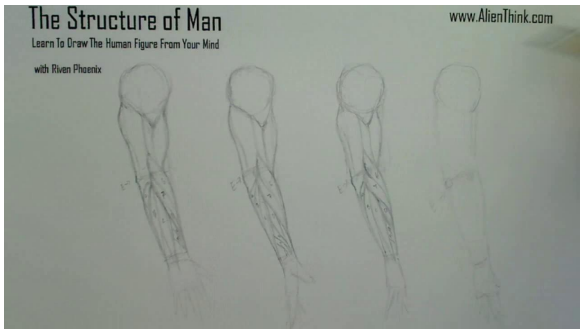
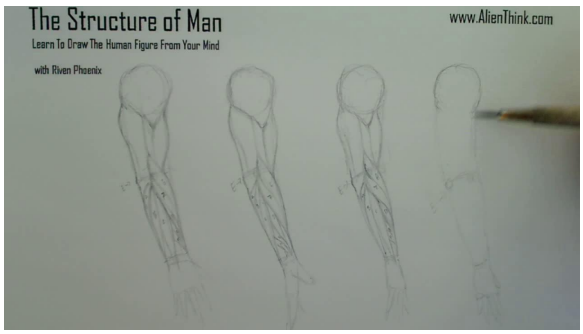
49		Right so let's say do we mark this down.
50		Okay so we did a B C and D right you can see how simple this is getting.
51		Okay so now let's do this one where we're seeing more of the tricep right just do some of these exercises to be a little more.
52		Get you know just start twisting things around so here this I'm going to see now more of the tricep and this is where this is really going to be bulking up over here remember this guy is always bigger than.

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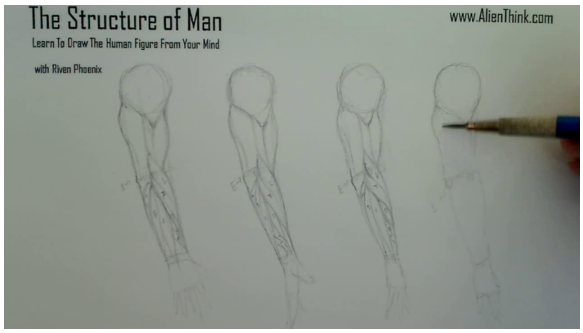
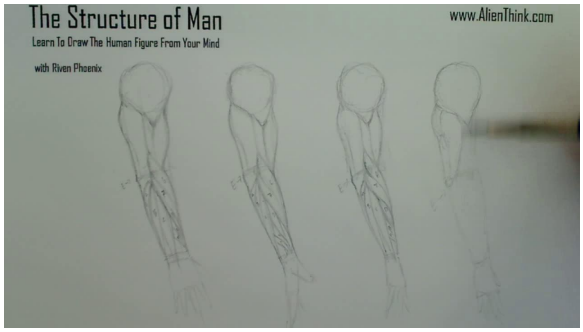
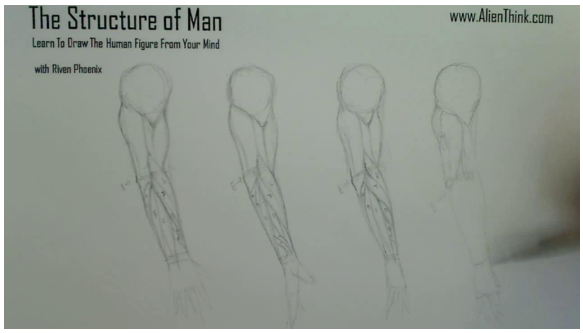
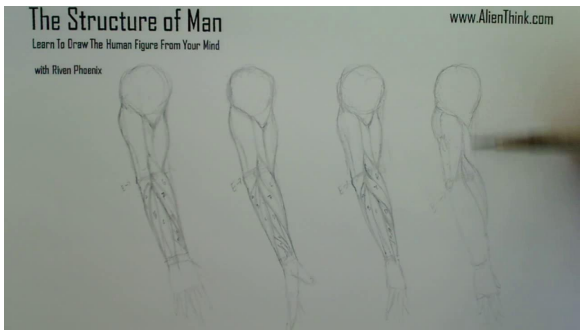
53		Then this this this tricep over here because he's piled up twice right so you know that okay I understand about this that I'm just going to get a white space over here then over here I'm good this this tricep I mean doesn't have to be straight lines just think about it this way over here.
54		Right and then we're going to get these guys now over here right you got to think about this that okay now I'm going to get really these guys going on.
55		On that side so I'm going to think about this as one form idea right just do it this way first just get a feel for it.
56		Over here I know he's going about his business so what's really going to do that happen to the bicep right it's nothing it's just going to show up like this a little bit on that side right so then you get into this area and this is what we talked about that over here right this is this is the

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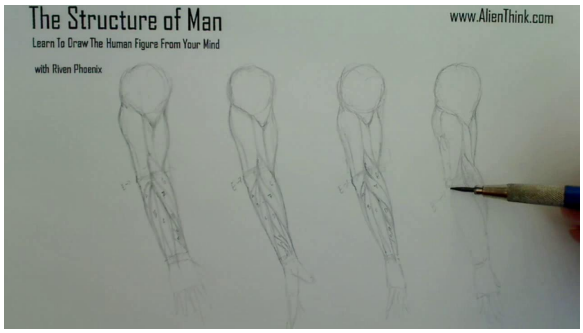
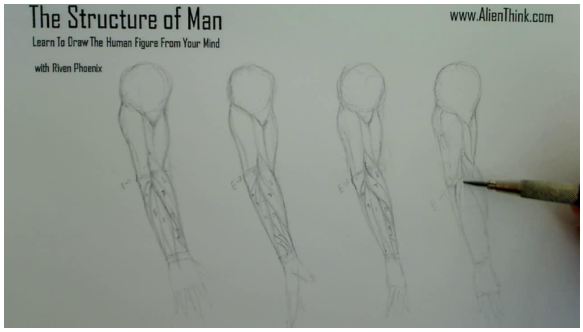
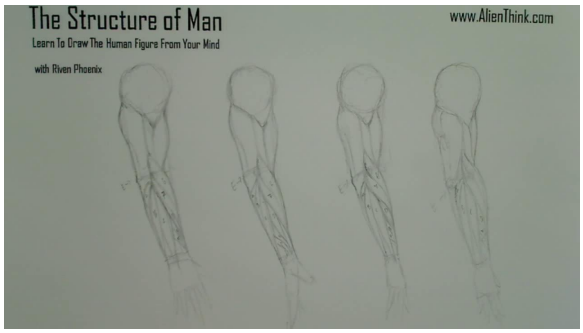
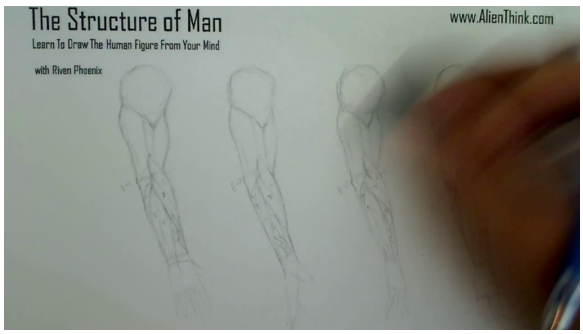
57		the elbow here the elbow and then you want to at least do one line here showing that see this is number four but but in service not any like you get this line here separating these components like this right so then you'll get muscle a I'm going to get
58		b I'm going to get over here c and I know that this is d and then e in it right that's that's simple it is a b c d then e and f okay so you can see we can draw out the arms are
59		correct okay so now we're going to do the finish up the exercise clean up these drawings okay so let's just lightly erase this stuff you know all we have to do is really just
60		fill this stuff in don't have to spend so much time on it just make them into the muscles that they are right so this is number six

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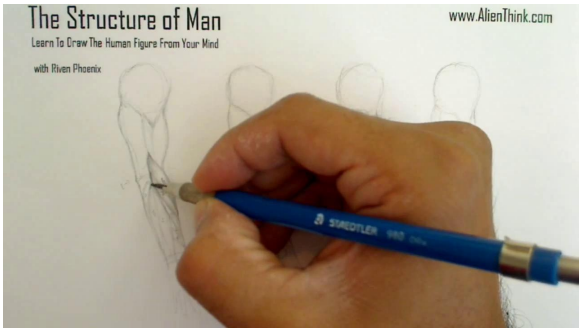
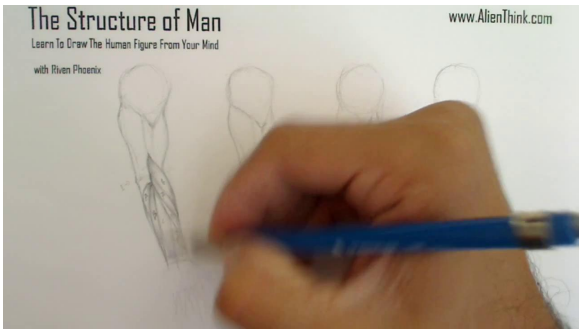
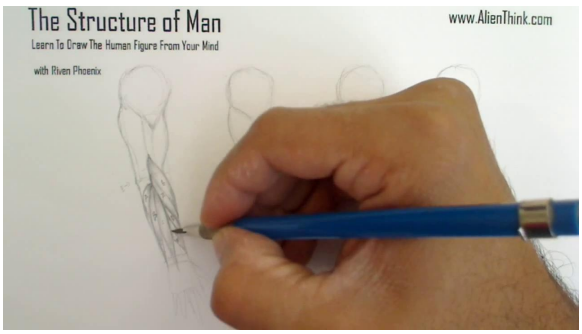
61		and this is going to be number seven over here so make sure you do this part of this exercise because over here is where we want to
62		understand this guy over here right this is number eight so you're going to get this dark area in the muscles okay so over here I'm going to get b over here
63		I'm going to get c over here this is going to be d this is going to be e and f
64		right so it's this dark area that we want to always bring out just to show that we understand about this darker area here on the forearm right and then here you're just going to get your arm your hand over here

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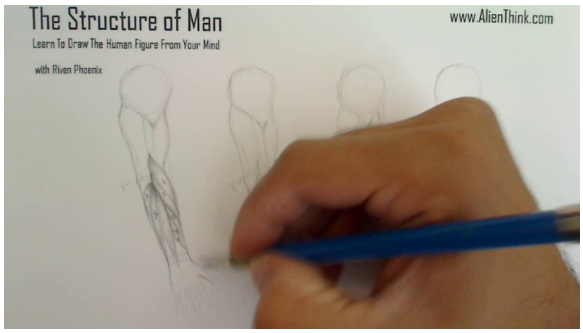
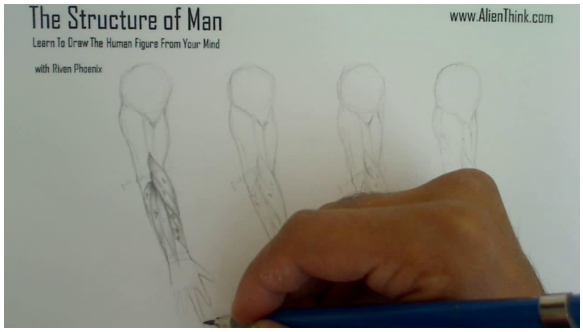
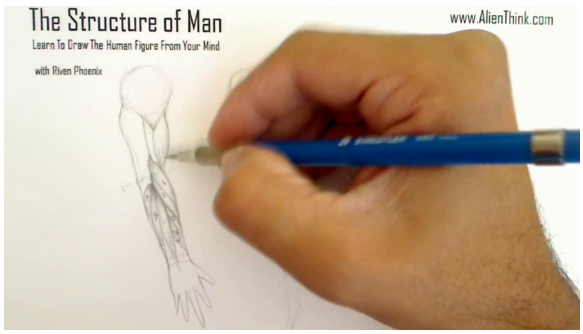
65		right so you can just make this simply a very simple hand right so when you're drawing at the fingers right look at the
66		relationships that this ring finger needs to be bigger than this finger a little bit right and here you can just do that so over here
67		this is the relationship we want to look at between the dealt with and then the bicep right these are going to be clicking over here
68		and this is just going to be like this

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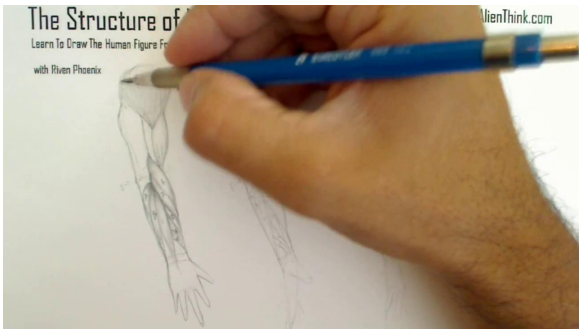
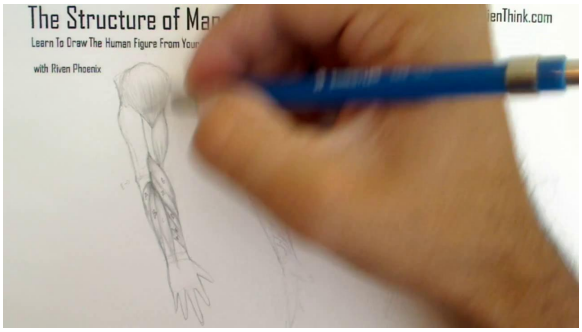
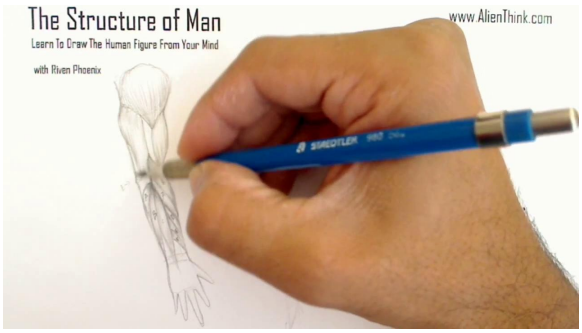
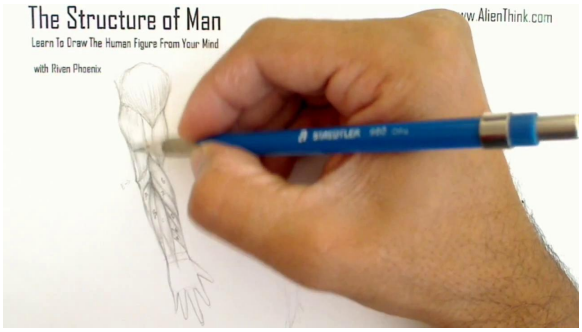
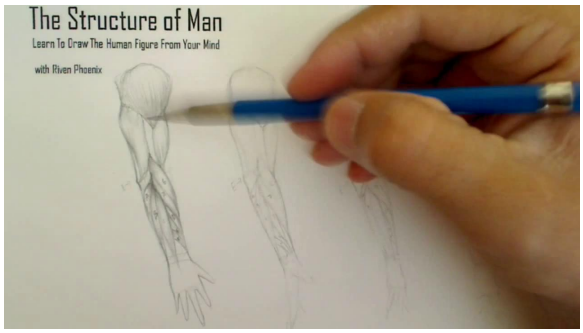
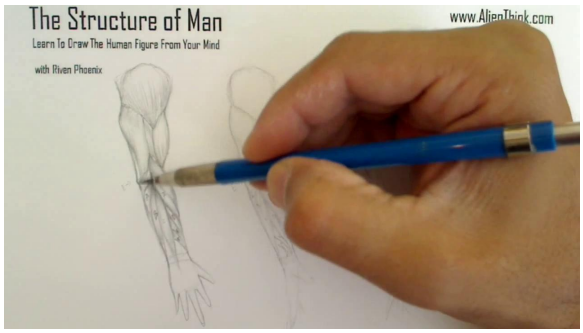
69		right so obviously over here it'll just go down back into the shoulder right you can just imagine that it's not that difficult to get that part in working in the mind
70		is over here I'm just going to get the triceps now
71		right so this will be my elbow and this one just will come like this so this area here is just this area here right so you can make this a little bigger if you want but just know that this is where the elbow is going to be
72		and that's it

73		you can simply just finish up this area over here
74		okay so what you want to get from this exercise not only is to see how easy we both of us have made the system of drawing out the finger and wrapping the muscles
75		but really look at the contour lines because this is what's going to really make the difference in understanding and laying out the fingers rapidly
76		all right so here I'm just going to now put this a six that's actually do these drawings in parallel

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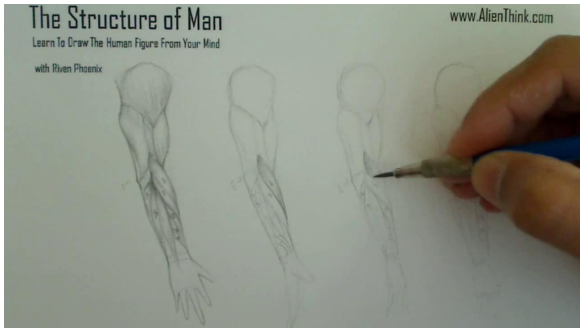
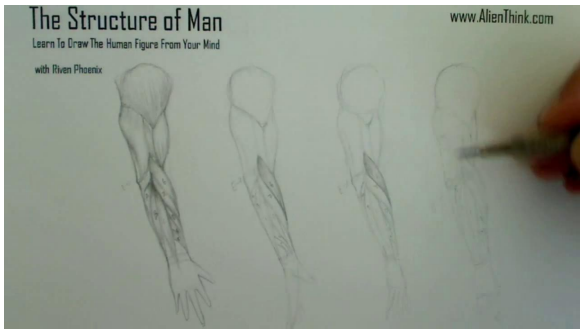
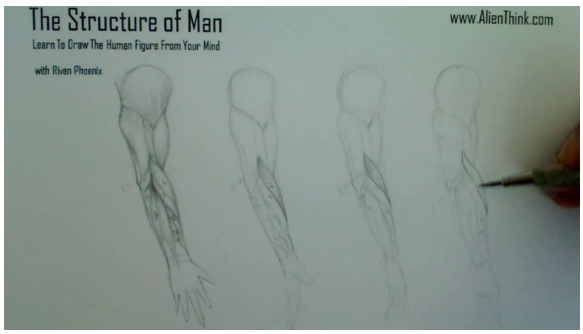
77		right so here I'm just going to do six first over here and find six over here
78		this will just make it easier to finish it quicker
79		then find six over here right so remember when you're making six think about okay how far is this muscle supposed to go
80		think think right it's just understand that's what you're going to keep watch out for so don't do it too much up right so this is going to be six

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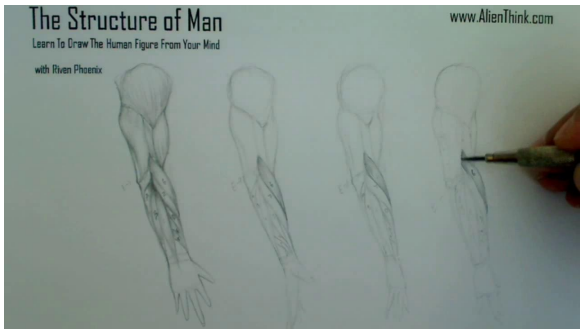
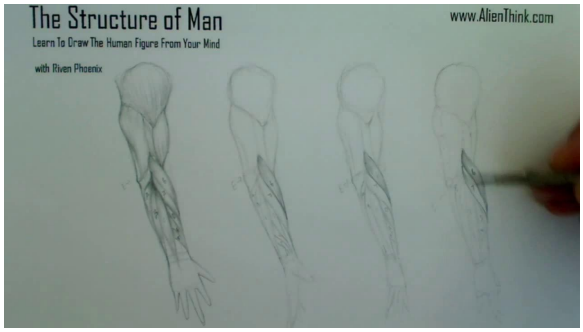
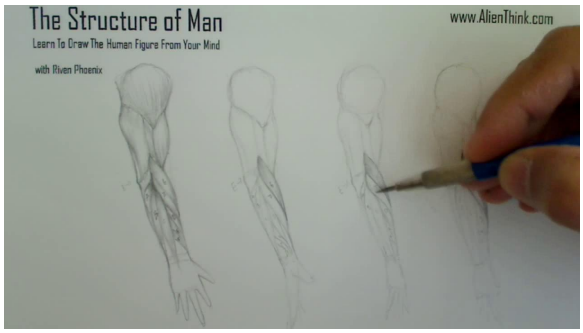
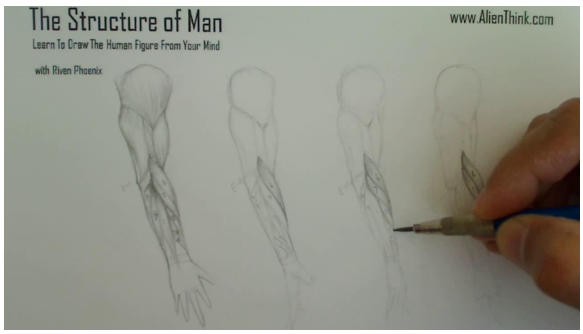
81		and here let's do this is just going to be seven going in that direction over there
82		okay that's seven and over over here it's just seven
83		okay so let's do D over here
84		D in this it's just going to be D over here coming in this way right so D is really just going to get on top over here again

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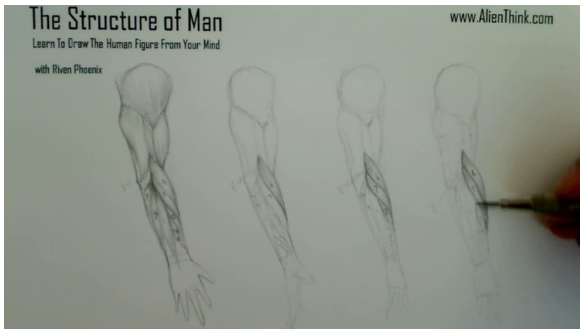
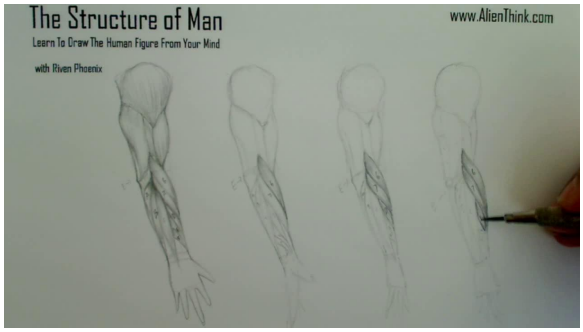
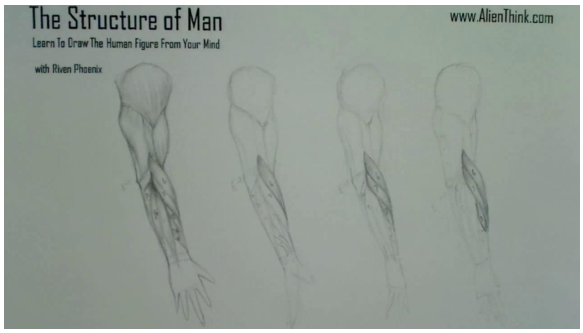
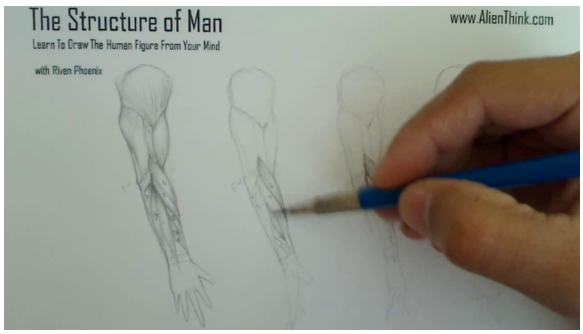
85		we talked about this
86		this is D
87		and this is going to be D again
88		and seven

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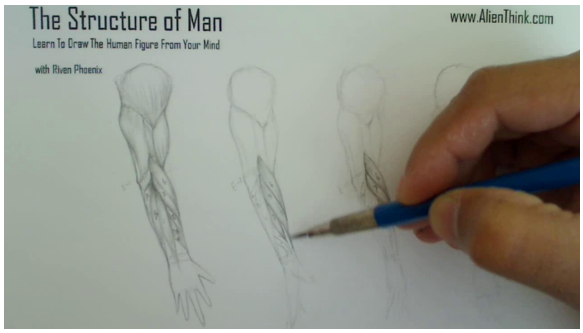
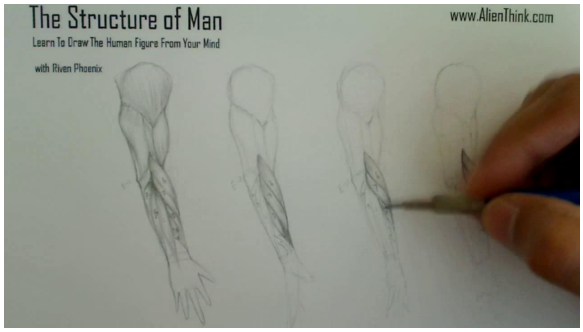
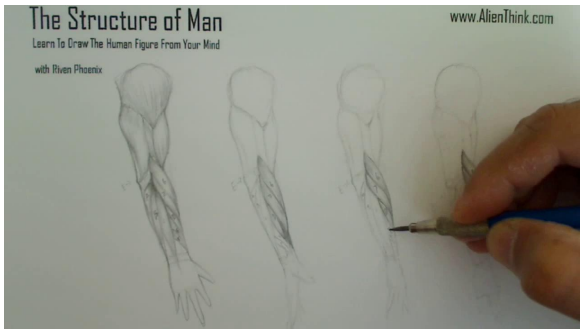
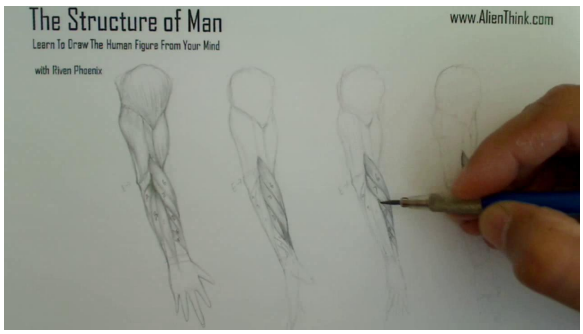
89		where so when you get like these spaces in between that's fine just fill them in because your tendons when they come together they're just going to make these spaces
90		not everything's just bunched up together okay so you're just going to look at clean this up here for the contour lines
91		we're just going to do E and F just going in this direction
92		so over here we're going to get this area to be much more darker now

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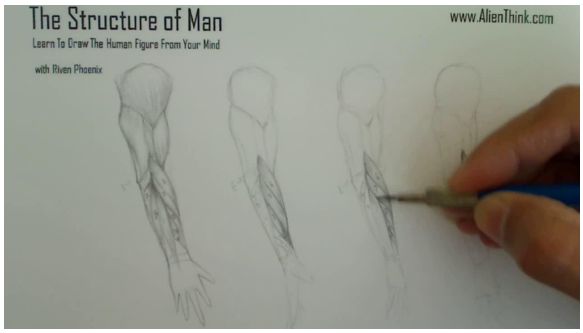
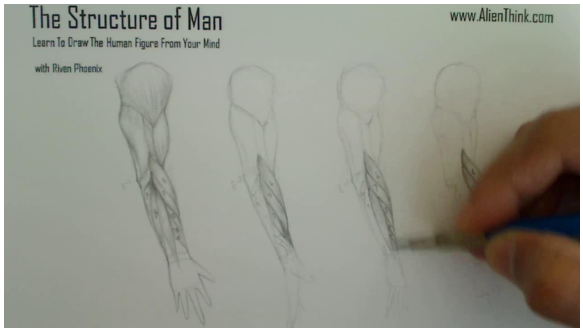
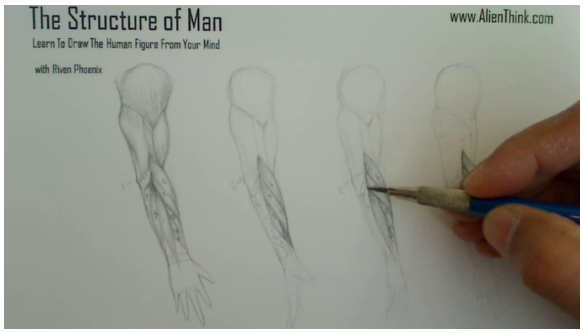
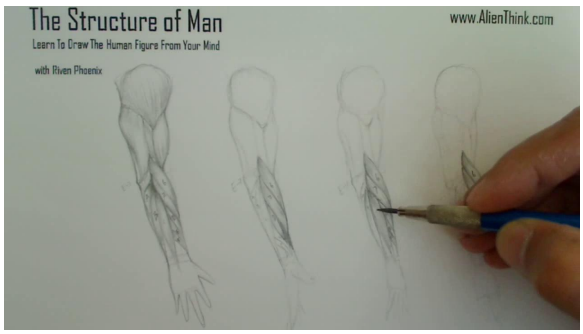
93		right it's really this area in here at this point that I'm talking about so C is going to be pretty easy over here
94		right understand how this is going to work over here
95		and over here we just do B
96		C and then A

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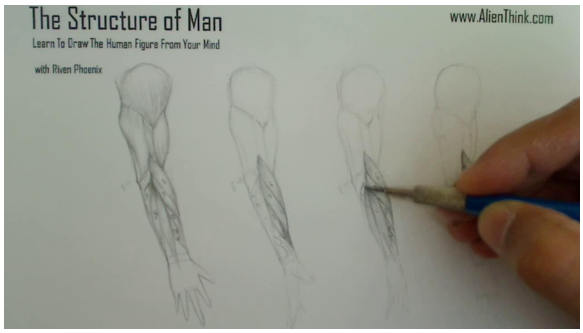
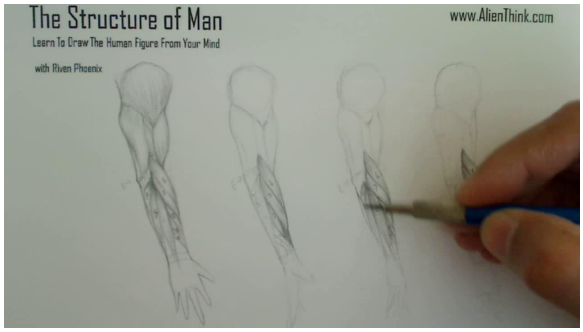
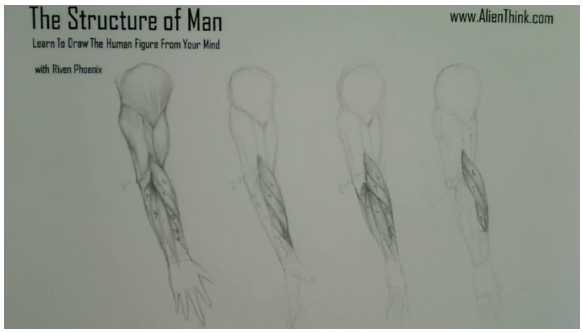
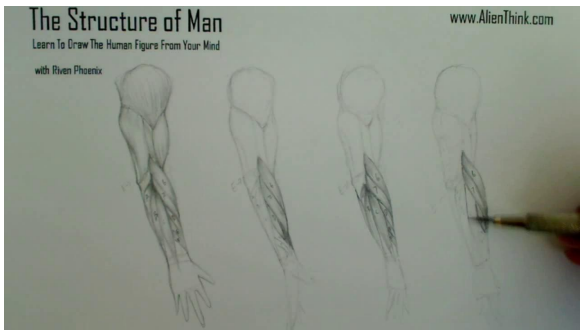
97		okay right so this area you're going to make it dark so over here we said that we're going to get number four
98		a little bit okay you'll see like a little bit of number four on that end
99		okay so here we're pretty much done with this
100		and here I'm going to get C again

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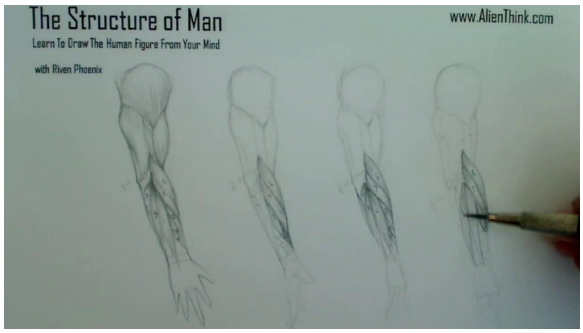
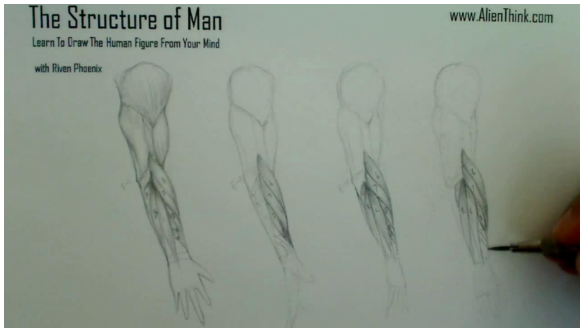
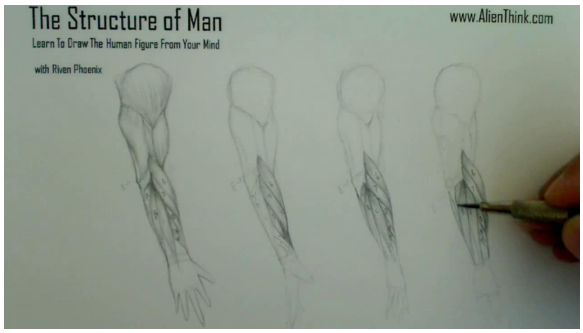
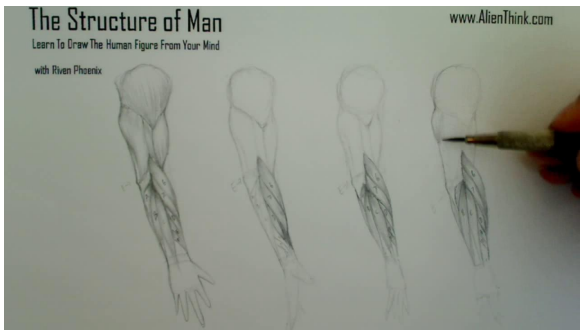
101		then A
102		E and F
103		okay and then over here we know what to do over here right it's just going to be the the the try set coming in here
104		but it's very important to do these exercises all the ones that I'm showing you because you're going to begin to really we can to understand the the the idea of drawing right

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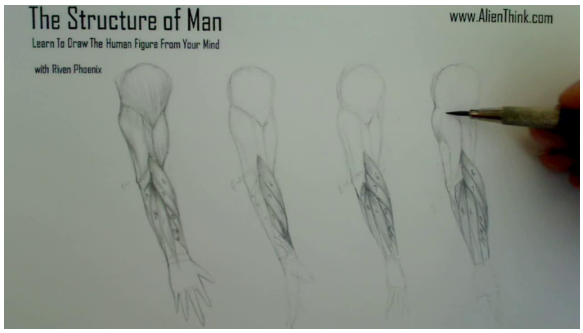
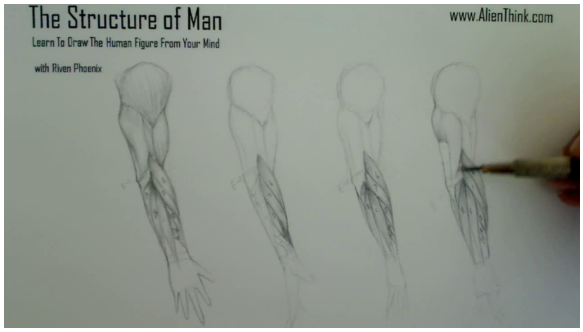
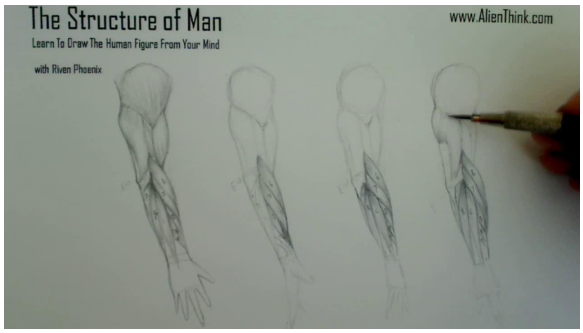
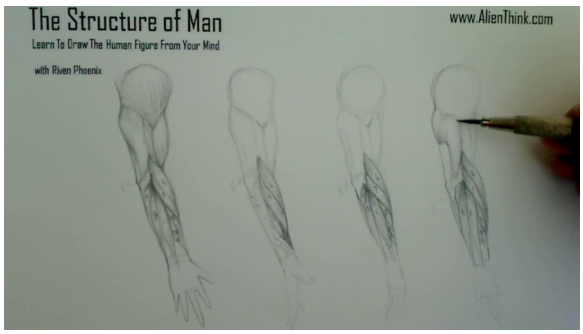
105		you really do have to draw practically every day even if you're looking to get into sequential art that's one of the key things that's
106		that has to be understood that in order to draw for sequential heart you have to draw every day and you have to draw at least eight or more than eight hours
107		a day right you can't stop and this is because if you if you miss a page in one day you're going to have to make it up the other day because the
108		companies are on a very strict deadline and everyone's depending on you right just not like we can call it sick

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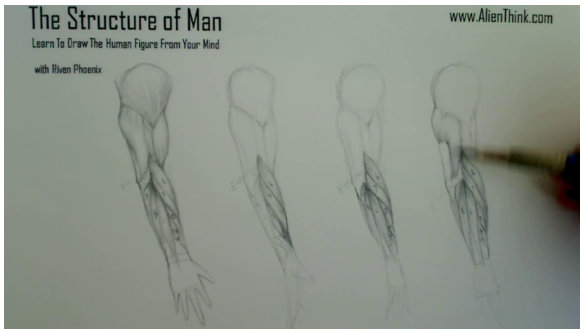
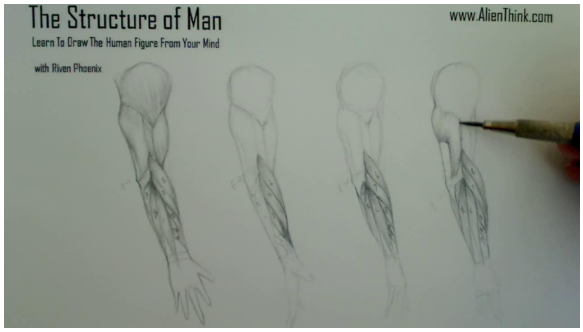
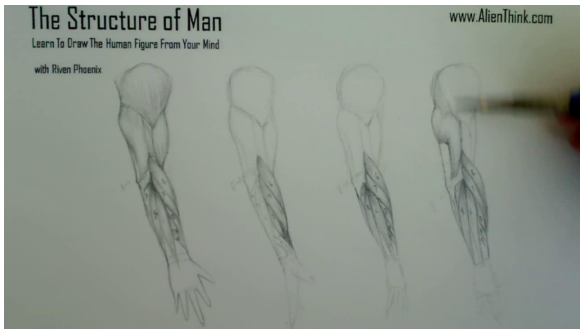
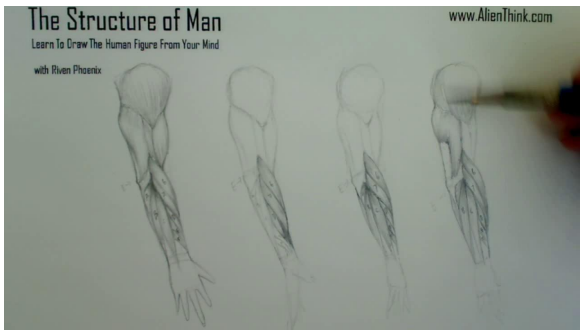
109		so that's why in order you really have to draw draw draw draw like this that we're doing this is why we're making every
110		drawing in this lesson you should really follow and we'll just increase your ability to draw and get you in the idea of okay
111		how right all the different techniques and basically everything just become second nature
112		that's probably the most important thing to understand regardless of if you want to get into sequential art or not

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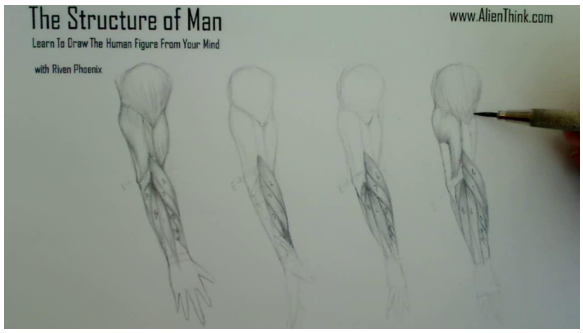
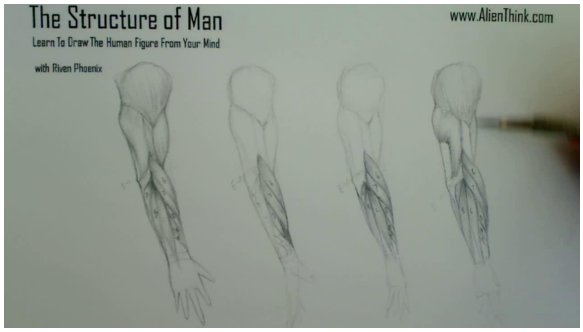
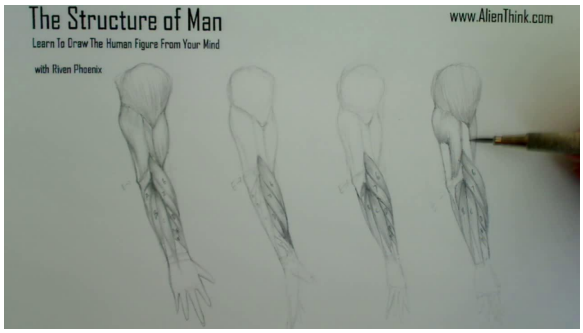
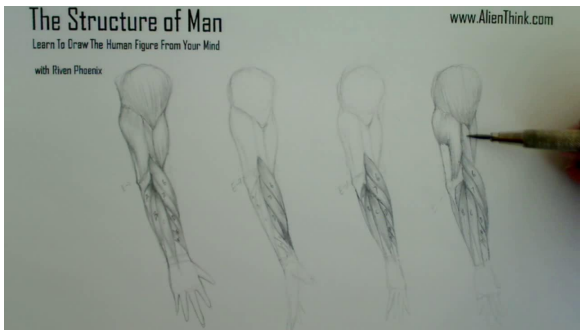
113		you really do have to get used to that idea that if you did if if this is just a hobby then it's a hobby
114		right but if you're really looking hobbies can turn into careers right so even if you are planning on doing this just remember that
115		that's the the thing with art is that you really just have to in figure drawing you're going to have to just draw every single day
116		right because a comic record is in the whatever a year whatever contracts that we sign

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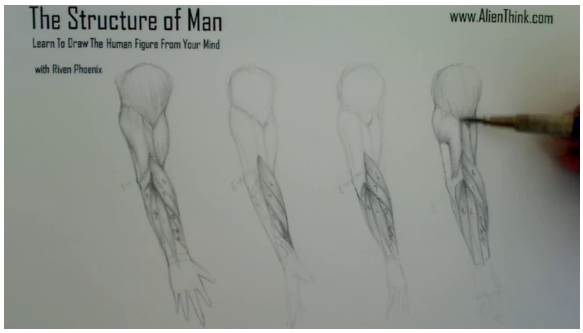
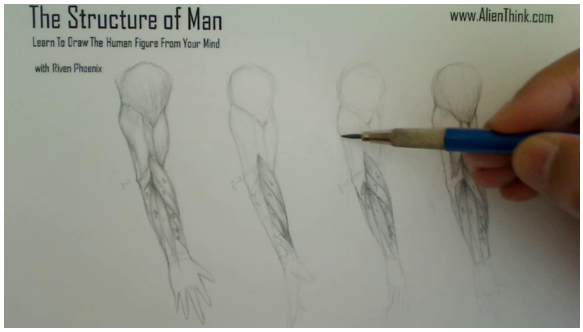
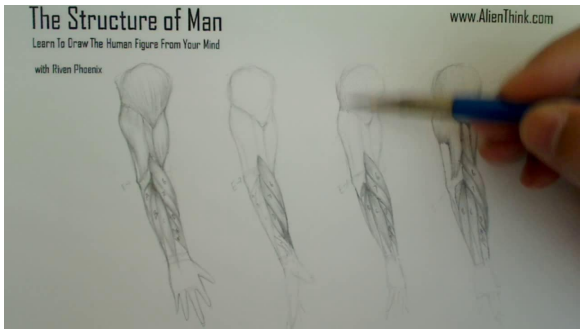
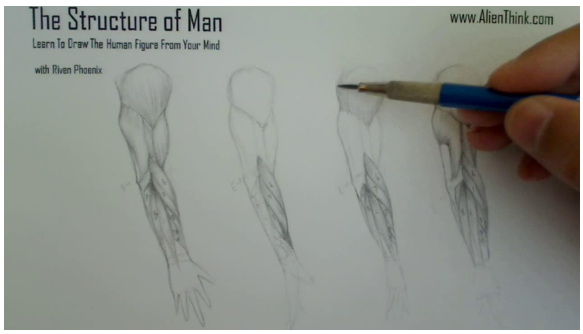
117		right what happens is that you end up drawing in your light and probably more than almost probably around or more than a hundred thousand
118		figures so obviously you're going to do everything's just going to become second nature to you
119		right so the more figures you draw right but not drawing with chaos is drawing to understand what is it that you're drawing
120		and then start to create the artwork

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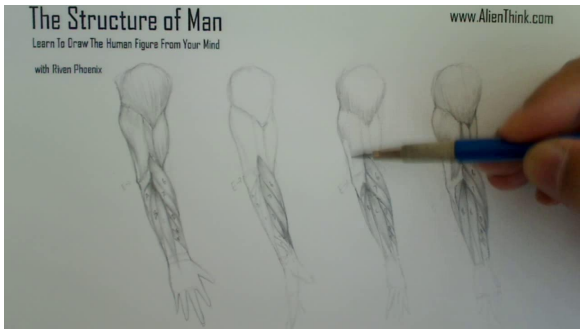
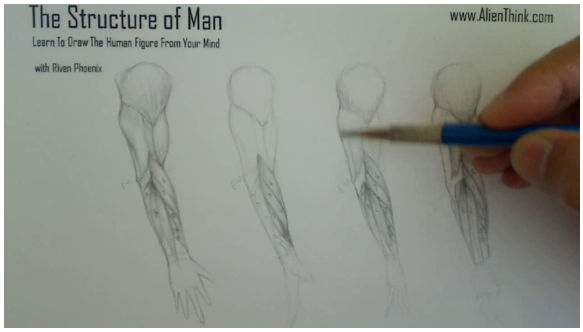
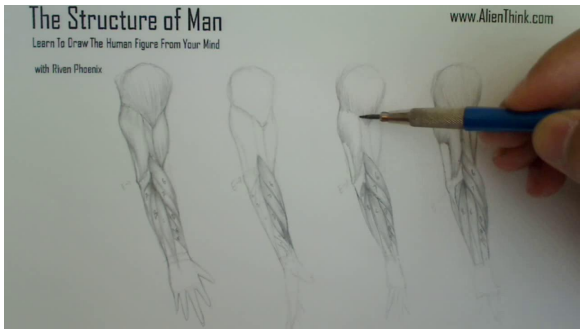
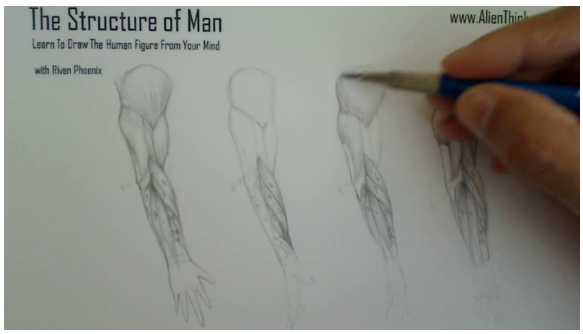
121		right and and here these drawings when we do these drawings right here what I'm showing you is that always finish what you start
122		don't just leave it halfway thinking that you've understood it because by the time you finish it you learn something extra
123		something new that we didn't pick up right from your own techniques you learn
124		okay so here this is just going to go like this over here I am moving as fast as I can

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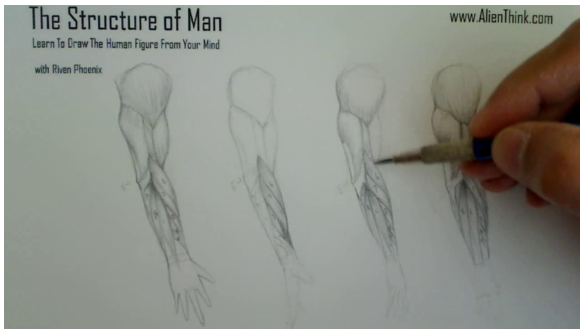
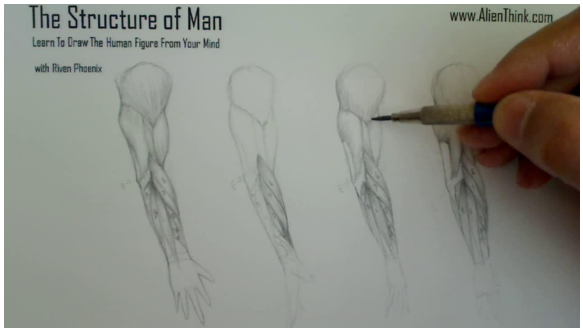
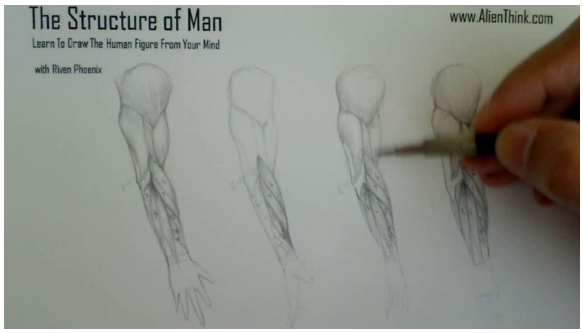
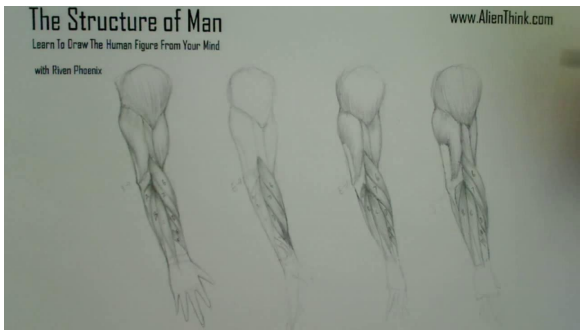
125		showing you that right so what happens is see all with all this drawing that we're doing what's going to happen is that
126		you're going to come up with faster and faster techniques and you're you're just pushing your mind
127		to think faster about these concepts right and we'll just we'll be able to draw faster
128		only a one guy left

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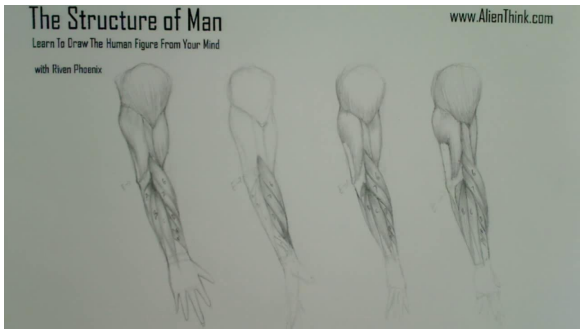
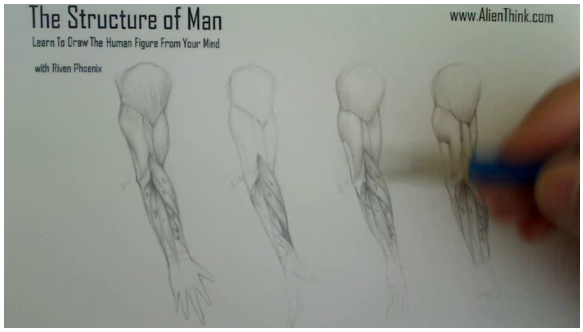
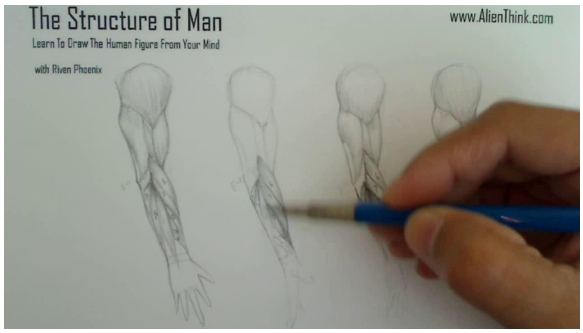
129		okay so here just going to draw fill this in over here
130		right so this area is dark over here
131		okay and then this is just now done over here and now let's see here that what we want to do
132		over here is now when I do the delta right I'm really just feeling the contour of this and then just

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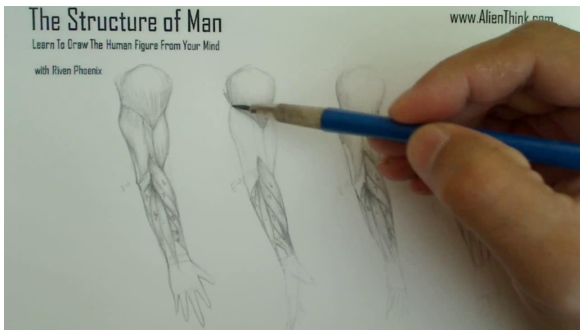
133		making it go up right that's all that's being done over here to understand it from the side
134		and so here I'm just going to do it this way over here just put like a little bit of shine
135		on the shoulder over here it's just going to go up this way
136		right so here he's just going to go this way he's going to go this way and he's just going to come in this way

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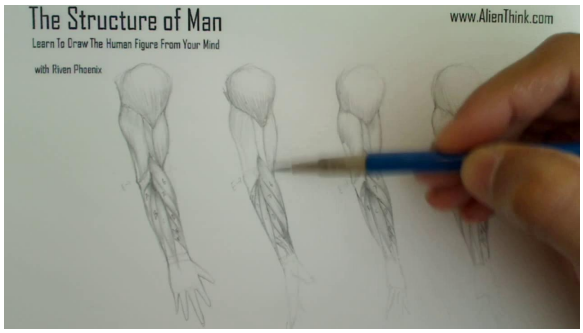
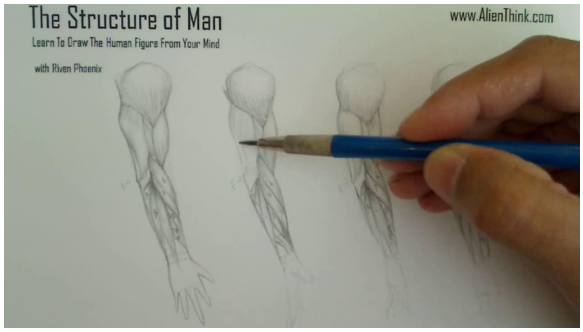
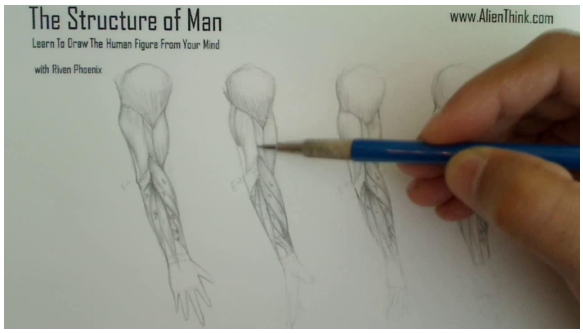
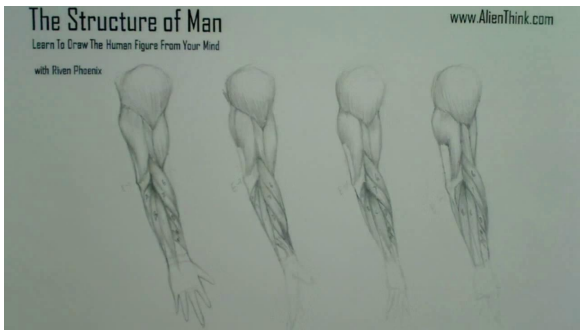
137		over here I'm going to go this way over here and finish it up like this
138		and for the tricep I'm just going to then make that light for it over here
139		and then that's it we're done right didn't really take that long to do this one
140		okay so here I'm just going to show you this part

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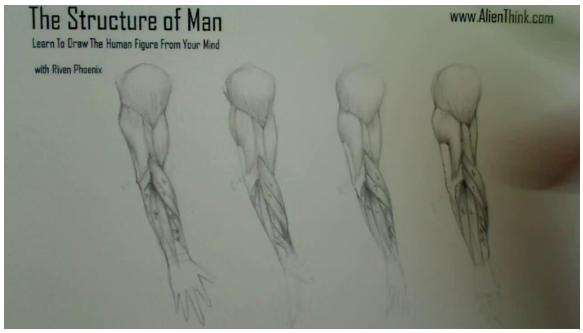
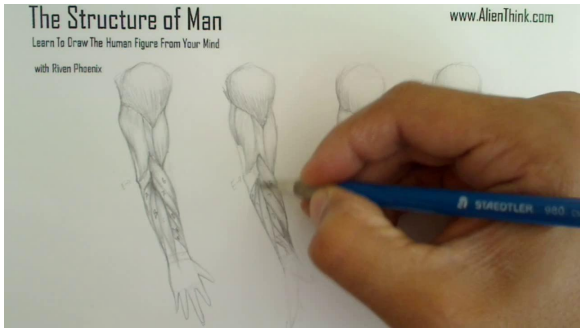
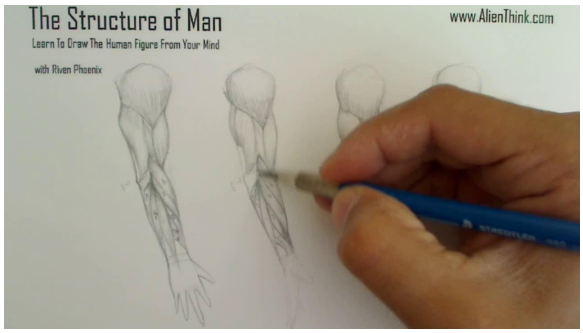
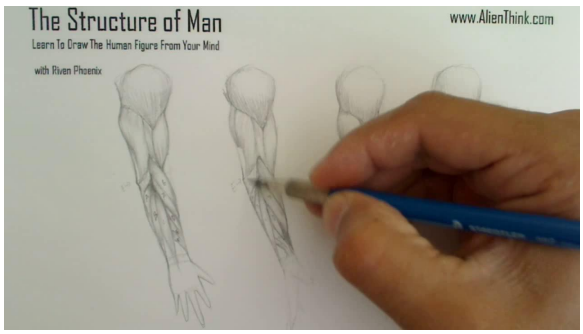
141		really I want to show here this guy coming out this way
142		right so this area is always going to be much more darker in this end
143		right so this is just going to be the space for your elbow over here
144		right so just remember that that this area here is always there's a ditch in here

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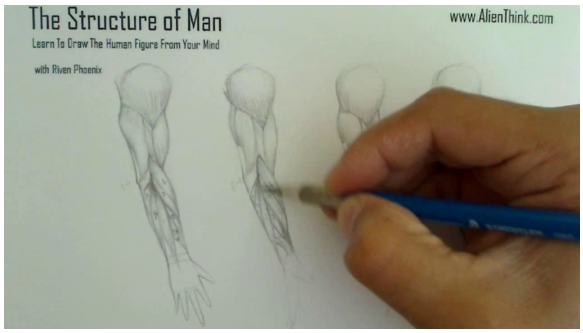
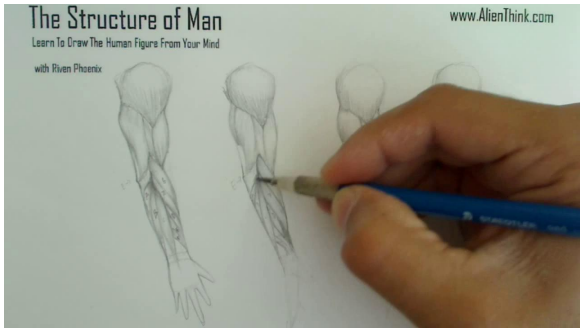
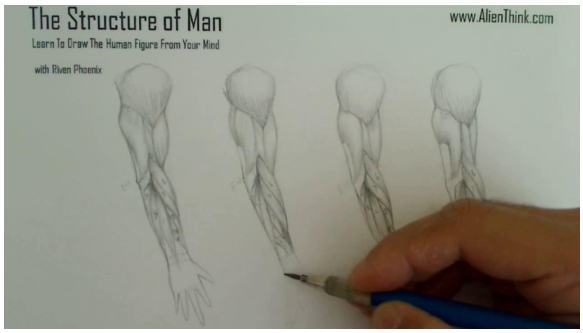
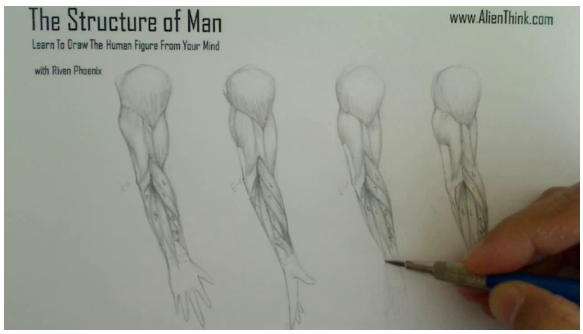
145		that's what we're showing under here
146		okay
147		so I'm just going to finish off do like different versions of the hand
148		we're almost done with this just right and then here I'm just going to do it this way over here

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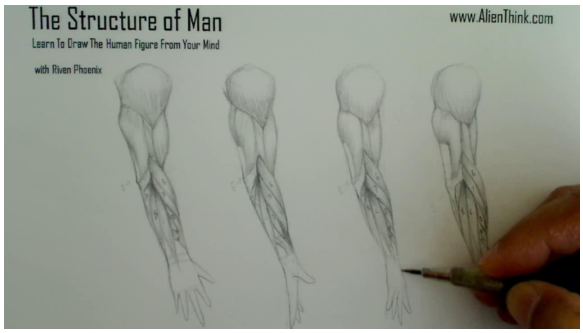
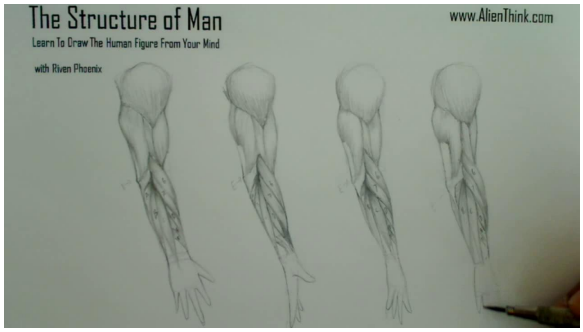
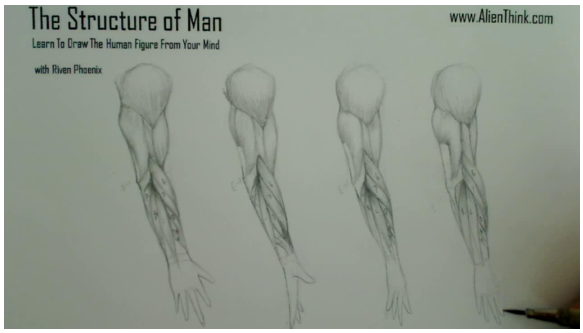
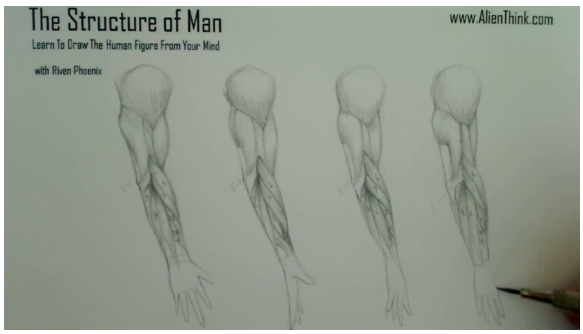
149		and this one I'm just going to do it this way
150		right try different variations of the hand
151		just remember the ratios as to how they're working
152		right so I'll see you in the next lesson thanks

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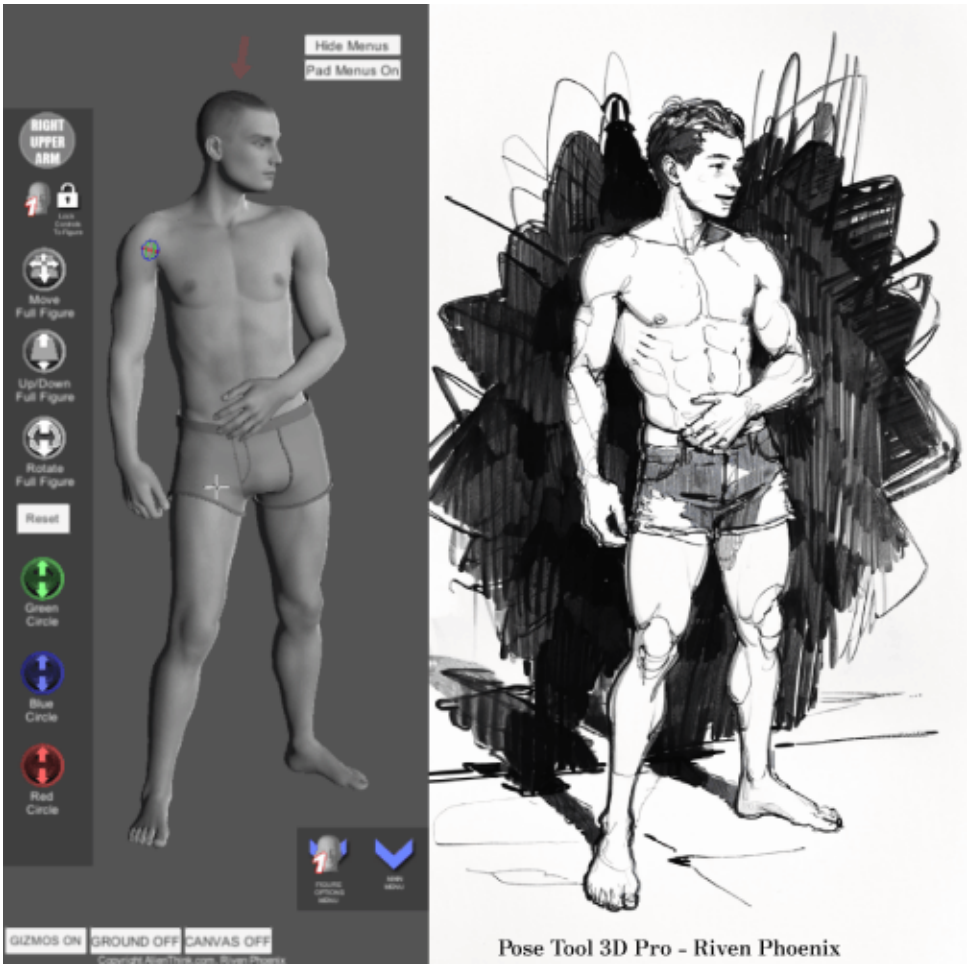

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